



# MISSION VALLEY News

Volume 10, Issue 11 Nov. 11 – Dec. 8, 2016

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## A new RIDE



(l to r) Nurse Rose Colangelo with Scripps Memorial Hospital La Jolla, SANDAG Executive Director Gary Gallegos, Metropolitan Transit System CEO Paul Jablonski, UC San Diego Vice Chancellor Gary Matthews, Rep. Susan Davis, San Diego County Board of Supervisors Chair and SANDAG Chair Ron Roberts, MTS Board of Directors Chair Harry Mathis, Federal Transit Administration Region 9 Deputy Regional Administrator Edward Carranza Jr., Rep. Scott Peters (Photo by Dave Schwab)

### MTS breaks ground on Mid-Coast Blue Line

Dave Schwab

The Mid-Coast project extending San Diego Trolley service from Old Town to UC San Diego and University City adding nine new stations, including two at the university, was inaugurated with bands, food and vendor booths — even a giant earth mover — at a formal ceremony Oct. 22.

Several thousand people attended the Mid-Coast Trolley groundbreaking and community celebration on the field at The Preuss School UCSD near the future Voigt Drive Trolley station.

Attendees enjoyed a free community picnic on the grass while learning about upcoming trolley construction expected to start soon with service debuting in 2021.

The \$2.1-billion Mid-Coast Trolley project will extend the existing Blue Line by 11 miles north of Old Town, adding nine new stations serving Mission

Bay Park, Pacific Beach and Mission Beach, the VA Medical Center, UC San Diego, business clusters along Genesee Avenue, and the Westfield UTC mall. Once the extension is built, transit riders will enjoy a one-seat ride (no transfers) from San Ysidro to University City. “Today is a historic day for San Diego transit,” said SANDAG chair and San Diego County Board of Supervisors chair Ron Roberts. “This is the largest transit project that

See TROLLEY page 3

## Pet police academy

Unique program trains animal control officers

Jeff Clemetson  
Editor

Kevin Dawson saw the drugs and the gun on the table. He also saw the dog by the man at the table. He decided to try and talk to the man and coax him away from the weapon by bringing him closer to the dog. After all, Dawson was supposed to be there for the dog anyway. When the man turned his head, Dawson motioned to his partner to call for backup.

Suddenly, the man — Chief Steve McKinnon of the San Diego Humane Society — stopped and said, “OK. Explain what you just did.”

Dawson was acting out a scenario as part of a special

training program for animal control officers that was held Oct. 21 at the Humane Society's Linda Vista campus, located at 5500 Gaines St.

The annual training exercise, now in its 11th year, is a unique program that puts students in mock situations that they will likely encounter for real on the job.

“The [scenario] training is great because that's where the rubber meets the road,” said Dawson, who works for the Department of Defense at Fort Irwin in Barstow, California where he will soon be working as a game warden after working as a military police officer for 20 years. “You pick up a lot of information that was taught in the classroom and when



Chief Steve McKinnon of the San Diego Humane Society sits near a 'gun' and 'drugs' as he plays the part of a criminal during an officer safety scenario for animal control officer trainees. (Photo by Jeff Clemetson)

you come out here you're doing practical exercises so you actually put it to work.”

The state requires animal control officers to complete a number of hours of training

in medical, animal handling, laws and other aspects of the job, mostly taught in classes, but there is some flexibility for

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# Making miracles happen every day

Volunteers of America Southwest excels at helping the vulnerable



(l to r) Dokie Williams, Willie Buchanon, Kris Dielman, Pete Shaw, Gerald McFadden (president and CEO, Volunteers of America Southwest), Mike King (national president and CEO, Volunteers of America), Katherine Kirk, Vencie Glenn (Courtesy of Volunteers of America Southwest)

Margie M. Palmer

Volunteers of America Southwest (VOASW) CEO Gerald McFadden has long been drawn to work that allows him to assist some of the area's most vulnerable individuals, whether they be homeless children and families or adults who are struggling with addiction.

Not surprisingly, his 34-year-and-still-counting tenure at the helm of the organization that is based in Mission Valley has not gone unnoticed. In early 2016, his vision and steady leadership garnered the attention of the San Diego Business Journal; McFadden was nominated and became a finalist as one of San Diego's Most Admired CEOs.

Those who know him would quickly attest that his passion for helping others is genuine. "It really is the focus of service; being able to help vulnerable individuals, to improve their quality of life or find a path that leads them toward productivity brings me joy. I continue to see some of the results of the outstanding services we provide and the work



The Volunteers of America Southwest holds an annual celebrity golf tournament that is one of the group's largest fundraisers. (Courtesy of VOASW)

we do. I get to see miracles happen every day," he said. "We do all this work in the social service sector with a laser-like focus and we do it with more of a head-down approach. The fact that there are others that recognize the genuineness of our care, passion and commitment to this work we do, and to get a special recognition that you didn't chase after, and to be nominated as being a difference maker in the community, I was honored and humbled." And while the 120-year-old nonprofit is not as widely known as some other local service providers, the work they do is just as important. Each year, VOASW serves more than 13,000 individuals, children and families in San Diego County, Imperial County and the Inland Empire through programs such

as childhood education, aging and caregiver services, behavioral health, housing and veterans' services and by helping provide healthy meals to those who need them most. The organization recently held its 12th annual Celebrity Golf Classic, which helped raise \$77,938 for veterans' programs and child development. "The [Golf Classic] is really the big fundraising arm for us because we try to look at the fact that the government never really fully reimburses the cost of providing services, and although they provide seed and foundation money, which is absolutely essential, there is a differential between what they provide and the quality of excellence we are committed to providing to everyone who is in our care and under our supervision," McFadden said. "That margin of excellence is non-negotiable and therefore fundraising is a way to bridge the gap."

Some of the proceeds from the golf event will be utilized for the leasing of an eight-passenger vehicle which will be used by VOASW's veterans' services program. It will also help provide school supplies, such as backpacks, for less fortunate children. In the upcoming year, McFadden said one of his goals, in addition to expanding services, is to help increase VOASW's visibility and name recognition within the community.

"We have been so focused on providing direct services to vulnerable individuals and families that we haven't done as great a job of communicating with the larger public around the issue of who we are, what we do and how they might be able to be of assistance in helping us grow and carry out our mission," he said. "We want to be able to develop a broad base partnership with members of the private sector, and with citizens in general, to be able to have them share the talent, time and resources to assist us in better serving vulnerable persons in the community, so that more are able to benefit from an improved quality of life."

For more information on Volunteers of America Southwest or to learn how you can get involved, visit voasw.org.

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines for over a decade. Reach her at mmpst19@gmail.com. ■



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► **Trolley**, from page 1

we’ve ever had in San Diego.”  
Planners estimate the Mid-Coast project will attract more than 20,000 new trolley trips every weekday north of Old Town.  
“Mid-Coast trolley is a huge undertaking going right through the heart of some of our busiest communities,” noted architect Roberts, who added the trolley’s 11 new miles of track include four miles of bridges, which he promised will be of superior design and beauty.

Roberts told of a female constituent’s unanticipated claim of how positive Mid-Coast’s extension will be for families.

“She said, because she lived in Chula Vista and had to commute to her office daily, that she never got home in time to have dinner with her family,” Roberts said adding the woman then told him, “This will keep my husband from divorcing me.”

Other dignitaries participating in the event included Congressman Scott Peters and Congresswoman Susan Davis, UC San Diego Vice Chancellor Gary Matthews, Federal Transit Administration Region 9 Deputy Regional Administrator Edward Carranza Jr., and Metropolitan Transit System Chair Harry Mathis.

Congressman Peters noted San Diego is “very good at providing matching money to get federal and state dollars,” noting the Mid-Coast project is “a great and long labor of love.”

“We’re going to have something really to be proud of, and it’s going to be a regional treasure for us,” Peters added.

Congresswoman Susan Davis, addressing the crowd, said “we couldn’t have done it without you.” She especially thanked “people who put their hearts and souls into this for a very long time.”

Federal administrator Carranza Jr. noted linking UC San Diego with the trolley system is “a very monumental and great milestone.”

“This project has been evolving for several decades,” Carranza added. “We’re on to getting it done.”

Former City Councilman and longtime regional planner Harry Mathis quipped, “We foresaw the advent of the trolley — it only took 30 years.”

Mathis talked of riding streetcars in San Diego as a kid noting he still enjoys taking rides on the trolley with his grandchildren. “This is a great day for San Diego,” Mathis said. “We’re very proud to be a part of it.”

Rose Colangelo, a nurse at Scripps Memorial Hospital La Jolla, and Franklin Hang, Preuss School senior class president, also spoke at the event about what the trolley extension meant to them, and how it will help improve their quality of life.

“I know I speak for the entire medical community when I say that the extended trolley service from Old Town will bring an important and welcome convenience for physicians, staff, our patients and their families and visitors,” Colangelo said.

Hang noted Preuss is a special school because it serves students from economically disadvantaged families whose children have never gone on to higher education.

“Students come here from as far away as City Heights, Spring Valley and Barrio Logan waking up pretty early to attend school,” said Hang, pointing out “the only viable mode of travel for many of us, without our parents taking time out of their daily schedules, is through this means (public transportation).”

Project construction is expected to produce more than 14,000 local jobs. Even after construction is over, the Mid-Coast Trolley will have an estimated \$116 million annual economic impact on the region by taking cars off the road, reducing parking needs, and increasing access to jobs. The Mid-Coast corridor supports more than 325,000 jobs. The two ends of the route – Downtown San Diego and University City – account for nearly half of that total.

Pre-construction activities to clear the way for the project – primarily the relocation of underground and overhead utilities – started in early 2016.

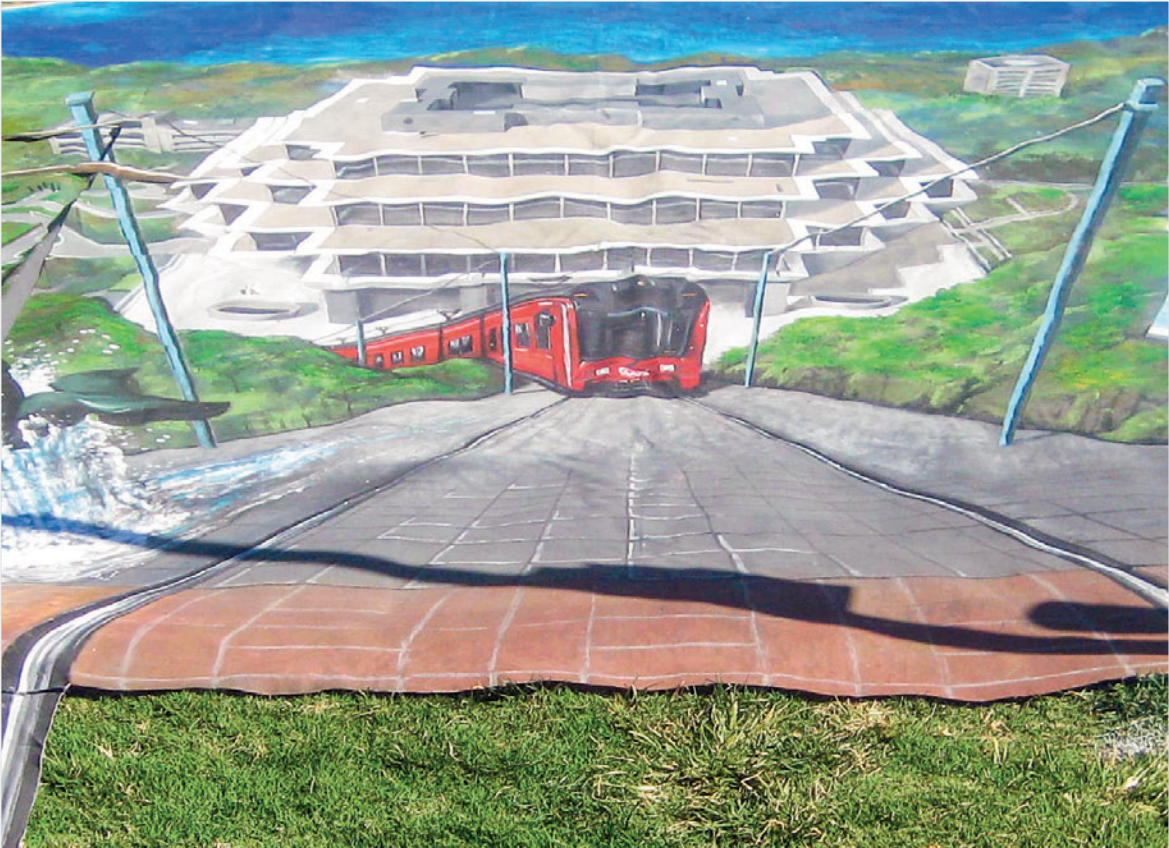
The Oct. 22 groundbreaking celebration was made possible by Presenting Sponsor Mid-Coast Transit Constructors (which is the project contractor, a joint venture of Stacy & Witbeck, Inc., Skanska USA, and Herzog Contracting Corporation), Premiere Sponsor UC San Diego, and other sponsors, including: PGH Wong Engineering Inc., Parsons Brinckerhoff, HDR, T.Y.LIN International, Jacobs Engineering, SDG&E, and Modern Railway Systems.

Mid-Coast dedication ceremonies concluded with public officials lining up for a group photo in front of a towering earthmover.

Siemens, which has been providing light rail vehicles (LRVs) for the San Diego Metropolitan Transit System (MTS) since 1981, recently received an order for 45 new S70 LRVs from MTS. That brings the total number of vehicles supplied by Siemens to MTS to 244. The new vehicles will allow service enhancements on existing rail lines and provide the necessary LRVs to operate the 11-mile extension of the UC San Diego Blue Line now under construction.

The San Diego Association of Governments (SANDAG) is the San Diego region’s primary public planning, transportation and research agency providing the public forum for regional policy decisions about growth, transportation planning and construction, environmental management, housing, open space, energy, public safety, and binational topics. SANDAG is governed by a Board of Directors composed of mayors, council members, and supervisors from each of the region’s 18 cities and the county government.

—Dave Schwab can be reached at [dschwabie@journalist.com](mailto:dschwabie@journalist.com). ■



The Mid-Coast trolley extension will connect Old Town to UC San Diego with stops in Mission Bay Park, Pacific Beach, Mission Beach and more. (Photo by Dave Schwab)

# 10 Questions to Ask Before You Hire a Mission Valley Real Estate Agent

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Pastor Nieto stands in front of his Habitat home in Escondido that was built in the summer of 2014 during Habitat for Humanity's Home Builders Blitz. (Courtesy of Habitat For Humanity)

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# LOCAL NEWS

## Home improvement shopping for humanity

Joyell Nevins

"Small but mighty" is the unofficial motto for San Diego Habitat for Humanity (HFH). The staff and office which is located in the Grantville/Mission Valley area may be small, but their volunteers and heart make big things happen.

"It's a good karma circle," Patty Kramer, who works in administration, said of the people and groups that pour into HFH and often receive assistance in return.

HFH's basic premise is that everyone deserves a decent place to live, regardless of race, religion or economic background. They do this through building brand new homes, repairing standing homes, and revitalizing neighborhoods. Last year, HFH built five new homes, repaired 12 veterans' homes, and helped neighborhoods revitalize five other homes.

Volunteers also built 28 playhouses that went to children in HFH partner families, military children, and other children in need. HFH partners with organizations such as the San Diego Military Family Collaborative, the Escondido Community Child Development Center, The Children's Initiative, and Ronald McDonald House Charities of San Diego to distribute the playhouses.

"I used to work in the corporate world, but I love Habitat's mission," said Delinda Fugere, who serves on the ReStore staff. "It's giving back instead of being greedy on the other end."

HFH brings together hard working volunteers and knowledgeable contractors to complete the labor intensive process of home building. Even the

new homeowners have to put in "sweat equity" – 250 hours of volunteer work per adult applicant, along with being an active part of the homeowners' association.

"I love that at Habitat for Humanity, you're really helping people who want to better their lives," Bill Yaussy said.

Yaussy has been a volunteer with HFH for three years, since he served jury duty with someone who also volunteered. He originally started working on a "Home of the Brave," a new housing unit for veterans in Lakeside, and now works in the ReStore. He is one of 8,229 volunteers who over the course of a year donated their time through construction sites, the office or the ReStore.

"We could not function without our volunteers," ReStore director John Stockman said. "Volunteers help us in every part of what we do."

### What is ReStore?

What's the ReStore? It's like a consignment store for anything home improvement-related. Tools, flooring, doors, screws, toilets, lamps, appliances – if it has to do with building or filling a home, the ReStore probably has it. In 2015, ReStore diverted over 39 tons of reusable material from ending up in the landfill to being used for another purpose.

Items come from stores like Lowes and The Home Depot, contractor scraps, home deconstruction and people moving or switching out their interiors. Tiling and windows go fast. ReStore volunteers will pick up items free of charge – and they have seen the gamut of donations. Yaussy just recently helped bring in a baby grand piano.



The Habitat for Humanity ReStore is a great place to find deals on used building supplies. (Courtesy of Habitat for Humanity)

### The Habitat for Humanity vision statement:

Our vision is to eliminate substandard living conditions in San Diego County by providing solutions to housing challenges and opportunities for hard working families to create better life stories for generations to come. We believe that decent shelter for everyone should be a matter of conscience and action. We envision a partnership between people of all backgrounds, all faiths, all races and all religions to build and repair homes and community, together.

"It's a lot more than just building stuff," Kramer said, sitting in an office furnished by ReStore donations. She's seen stained glass windows, crepe myrtle and antiques come through the ReStore doors.

"There's treasure in the ReStore – you never know what you're going to find," Stockman said.

Stockman points out that the ReStore does have a quality criteria for the products that go in the store. Shoppers can expect everything on the shelves or floor to be in good condition.

What won't happen is items from the ReStore ending up in a HFH new home. Everything that goes into a home the organization is building is brand new. Funding from the ReStore helps purchase product and pay administrative and other costs.

The ReStore grossed \$1.4 million in sales last year – 43 percent of all funds raised for HFH. Stockman said San Diego's goal is to be able to fund themselves self-sufficiently, so all of the donations can go directly into the homes being built or repaired. With that in mind, HFH is looking to open five to six new ReStore locations in the next seven years.

Although HFH has a specific mission and does not have the resources to help every person who walks through their doors, they don't send anyone away empty handed. The organization has a myriad of connections to assist those in need. Last year, HFH connected 300 people with counseling and other supportive services of partner organizations.

"We make sure they get a warm handshake with someone who can help," Stockman said.

HFH is continually seeking ReStore donations, monetary donations, and volunteers. Learn more or get involved by calling 619-516-5267 or visiting [sdhfh.org](http://sdhfh.org). ReStore is located at 10222 San Diego Mission Road in the Grantville/Mission Valley area and is open Tuesday through Saturday 9 a.m. to 6 p.m. and on Sunday from 10 a.m. to 4 p.m.

—Freelance writer Joyell Nevins can be reached at [joyell@gmail.com](mailto:joyell@gmail.com). You can also follow her blog *Small World, Big God* at [swblog.wordpress.com](http://swblog.wordpress.com). ■



► **Academy**, from page 1

training facilities to choose additional training.

“That’s where we end up using the scenarios to allow [trainees] to start putting what they heard in the classroom into practice out on the street,” Chief McKinnon said.

The practice scenarios are held in the middle of the program to break up the classroom work. Before that, students learn basic information about laws, laws of arrest, what powers they have and don’t have and officer safety techniques. After the scenarios, they focus on intensive knowledge like livestock issues, animal anatomy, animal first aid and more.

Students go into the scenarios with little instruction on how to handle the situations and deal with the people they encounter.

This is by design to let the students learn from their mistakes in a safe environment.

“It is definitely an eye opener — allow them to fail in scenarios here rather than out in the street,” McKinnon said. “And the nice thing is we do see a lot of networking between the experienced officers and the new students where they share stories and they kind of work these things through.”

At the Oct. 21 training, two students encountered some difficulty with a scenario involving an actress playing a pet hoarder with a trailer full of cats. As the two students tried to ask questions and also gain permission to enter the trailer, the actress got more agitated and combative with the student animal control officers.

It was a difficult lesson, but a teachable one as the class instructor pointed out that the students needed to spend more time befriending the hoarder to gain trust before pressing her to enter the trailer.

“We recognize not only are there health issues for the animals but there are also health issues for the owners as well,” McKinnon said.

Another scenario had officer trainees deal with a homeless man with a pet dog.

“That is something we regularly encounter,” McKinnon said.

“We will often get calls from commuters or people just driving through an area, seeing a homeless person sitting on a curb and they have a dog or a cat or some other animal attached to a leash just sitting there.”

Students are to assess if the dog is fed, is healthy and has access to water and if the animal’s needs are met before moving on.

“Very often in the real world, we find that homeless people are treating their animals



(below) Animal control officer trainees were put to the test dealing with a mock ‘hot dog in a car’ scenario; (above) trainees investigate an ‘emaciated horse.’ (Courtesy of San Diego Humane Society)

better than people in residences. So we want our students to recognize that, too.”

In another scenario, the students are called to a report of an emaciated horse.

“We usually give the students very general calls,” McKinnon said. “For the emaciated horse, all it was is a report from a citizen that drove by a ranch, saw a horse on the property and said, ‘Gee, it looks kind of thin.’ So that’s all they’re given.”

Students at the scenario are also given photos of emaciated horses to recognize what to look for when encountering an underfed animal in real life. They are also confronted by an actor who plays an owner who is defensive.

The students have to investigate the call, find out what the

issue is and determine whether the emaciation rises to the level of needing to do a horse seizure, demand vet care or just provide education.

“It’s a process that they have to work through to solve the problem, work with that owner and decide if this is such a serious case that there are certain legal steps that they have to follow to make that seizure happen.”

The students also practice dealing with the most common animal control call there is — a dog left in a hot car.

“All animal control officers during the summer — it’s almost on a daily basis — get these type of calls,” McKinnon said. “We have to be able to assess the situation. Is the situation so bad that we have to

break into the vehicle because we can’t get access to the dog in any other way?”

The scenario also includes a component of the owner showing up while the officer is at the car and the trainee practices how to deal with that.

The final scenario is the one that Dawson was put through — the dangerous situation and illegal activity scenario.

“Their call is that they get a report of a dog that’s maybe ailing in some way and to go check on that but when they walk in, it turns out that even though the dog is there and may or may not be ailing, the bigger picture is that this person is obviously involved with criminal activity.”

See **ACADEMY** page 7 —————>



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Guest editorial

Five tips for shopping the Covered California health plan that best fits you

Angie Blanchette

With Covered California’s three-month open-enrollment period starting Nov. 1, it’s a great time to shop for the best fit for your health coverage. During Covered California open enrollment, which runs through Jan. 31, consumers can choose among 11 name-brand health insurance plans that offer high-quality and affordable coverage. Here are some helpful tips.

Shop, shop, shop around.

Covered California’s online Shop and Compare Tool provides consumers with detailed information about various health plans in specific regions throughout the state. You can compare premium costs, the four pricing tiers, and subsidies available to help you pay for coverage. With some health insurance premium costs expected to rise in 2017, the Shop and Compare Tool allows consumers to evaluate their options. Try out the Shop and Compare Tool at [bit.ly/2f53ZME](http://bit.ly/2f53ZME).



Get in-person help to find the best value.

Health insurance is complicated. Getting help choosing the right plan and completing the application is free and confidential. There are thousands of Covered California certified insurance agents and enrollment counselors located throughout the state. They can help guide you to

the health plan that is the best fit and best value for you and your family. Find free local help at [coveredca.com/get-help/local/](http://coveredca.com/get-help/local/) to enroll.

Check out provider networks.

If you want to visit a particular doctor, be sure to check with the specific health plan to confirm that the physicians you want to see are indeed in the plan’s network of doctors. In 2017, each enrollee in a Covered California health plan will be assigned a primary care physician. Learn more about primary care physicians at [bit.ly/2fhxHKd](http://bit.ly/2fhxHKd).

Vision and dental plans offer added bonuses.

While children’s dental and vision coverage has always been included as part of all health insurance plans sold through Covered California, adults can now enroll in family dental and vision plans at competitive rates.

Enroll early, get health coverage earlier.

Enrolling in a Covered California health plan by Dec. 15 allows you to start the new year with coverage. Having health insurance in place starting Jan. 1 can reduce your worries about having to pay a tax penalties for not being covered, which are \$695 per adult and half that amount for those under age 18 in the household or 2.5 percent of your family income — whichever is greater. Additionally, gone is the mental gamble of hoping nothing happens — such as a car accident, sports injury, or unexpected illness.

When it comes to your health, knowing that you are covered is the best plan. Enroll online or with a Certified Insurance Agent or Certified Enrollment Counselor at [coveredca.com](http://coveredca.com).

—Angie Blanchette is Covered California’s communications and public relations regional manager for the San Francisco Bay Area.■



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## Guest editorial

# Let's not blame Social Security and Medicare for the national debt

By Rep. Susan A. Davis

Recent reports about the national debt have mistakenly conflated benefits from Social Security and Medicare with the national debt. Let's be clear, Social Security and Medicare are not drivers of the national debt.

Much of this argument comes from opponents to Social Security and Medicare. They blame these programs and imply that our national-debt issue will be solved by "entitlement reform." Keep in mind, to opponents of Social Security and Medicare, reform means cutting benefits, privatizing or ending the programs all together.

When opponents refer to these programs as "entitlements," it's an effort to suggest recipients are receiving something they have not earned. In reality, Social Security and Medicare beneficiaries are entitled to these benefits because they paid into the system most of their lives.

Social Security and Medicare are promises that were made decades ago to help our seniors live out their retirement years with the respect and dignity they deserve. Breaking that promise would be detrimental to seniors and our economy.

Of course we must address the solvency issues of both programs and bring the debt to a manageable level. It will require taking a deep dive into this issue because it's much more complicated than what is being portrayed.

Social Security for retirees is a trust fund virtually separate from the spending process. The Social Security Trust Fund is funded through payroll taxes, which more than 90 percent of all workers pay. The money that goes into the Trust Fund goes back out as benefits to our seniors.

According to the 2016 Annual Report from the Trustees of Social Security and Medicare, the Social Security Trust Fund currently has an asset reserve of \$2.8 trillion and will be solvent through 2034. But we shouldn't wait until then to make improvements in the program to ensure its viability.

The main challenge facing Social Security is a demographics issue. As the baby boomer generation gets older and retires, they will outnumber the working class 2 to 1. We need more workers.

Growing the economy, raising wages and promoting pay equality will not only improve the finances of Social Security and Medicare, it will be good for those workers paying into those programs.

Reducing benefits or privatizing is not the solution, and it's breaking the promise we made. It would only hurt seniors and would not significantly reduce the national debt. Without Social Security, more than 40 percent of California seniors would be living in poverty.

Nationwide, 38 million seniors rely on Social Security. Cutting

benefits would plunge millions into poverty and would have a negative impact on our economy. Let's not forget that the Social Security payments to seniors go right back into our economy in the form of rent, groceries, gas, etc.

When it comes to Medicare, increasing health care costs are a concern. Getting overall health care costs under control is a priority not just for Medicare, but also for everyone with health insurance. But again, it is not the main driver of the national debt.

The increase in the national debt is basically the result of three things:

- The Bush tax cuts, which cost about \$2 trillion (maybe more). These tax cuts were unnecessary, benefited the wealthiest Americans, and weren't paid for. I opposed them for these reasons.
- Two wars that have cost about \$4 trillion to \$6 trillion.
- A prescription drug benefit that wasn't paid for, costing about \$60 billion a year.

The national debt was further exacerbated by the Great Recession, which dramatically reduced revenue into the general fund.

No one is saying that we don't need to address all of these issues and govern responsibly when it comes to the budget. But let's not fall for the line that critical programs such as Social Security and Medicare are the main drivers of the national debt. They are promises that were made and promises that should be kept.

—Rep. Susan A. Davis represents Congressional District 53, which includes including the San Diego communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge and Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.■

## ► Academy, from page 5

The actor for this scenario (this year played by McKinnon himself) sits by a table with evidence of drug use, cock-fighting paraphernalia as well as a handgun in plain sight of the officer.

"When you see these type of situations, there is nothing wrong with backing out — give a quick explanation and walk out without taking any action."

The animal control officer would then call for police backup before continuing the investigation into the animal's condition.

"The last thing we want them to do is to continue in their inquiry, talking to these type of people when firearms are present or there are drugs involved, things like that. The main thing is we want them to be safe," McKinnon said.

For people who want to be animal control officers, getting this training in advance of applying helps show potential employers how serious a candidate is, McKinnon said, adding that there aren't any mandated requirements to be hired as an animal control officer. Applicants are required to do training before or after being hired. Usually there is also a background check and

some organizations do psychological evaluations because of the stressful environment can cause "compassion fatigue," he said.

"We are looking for those people who are compassionate; that are good problem solvers; that can feel comfortable interacting with the community out in the street all day," McKinnon said. "And if they can display those things, we will teach them the finer points as far as legal stuff, animal handling skills and the rest."

In San Diego there are two to three vacancy positions coming up at animal control and around eight people from the class have already shown interest in applying, McKinnon said, adding that usually he sees candidates coming from a variety of backgrounds including law enforcement, people who worked at vet hospitals or Humane Society volunteers.

For those interested in becoming an animal control officer, the course costs \$350 and is held twice a year — during the fall in San Diego and during the spring in Marin County. For more information, visit sdhumane.org.

—Reach Jeff Clemetson at jeff@sdcdn.com.■



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The reasons why a home may fall out of escrow

ASK KATHY

Kathy McSherry

Hello Kathy: I often hear about properties “falling out of escrow” before the sale closes. Why does a property fall out of escrow and what can the seller do to protect against this situation? —Tom S.

Hi Tom: The term “falling out of escrow” sounds like you need a big net before it hits the floor. However, it’s just a term. An escrow company is a neutral third party that handles all of the terms of the purchase agreement and monies for deposits to the transaction. They ensure that the contract is executed exactly as it is written and everyone gets paid what they are due. This can include any lender fees, appraisals, pest inspections, title insurance, the Realtors to the transaction, etc. with the balance of the funds going to the seller as payment for the transfer of the deed. When a purchase agreement is signed by both parties, it is time for the escrow process to begin and an escrow account is opened with an assigned number. It has a close of escrow date which would happen after all of the terms of the purchase agreement are met and both parties have signed their closing documents and the home is ready to transfer ownership. During the



There are steps buyers and sellers can take to make sure your home doesn’t fall out of escrow. (Stock image)

course of the entire transaction, the deal could fall apart for many different reasons. If this were to happen, the deal would fall out of escrow. Here are some examples of deals that may fall out of escrow: • The appraisal value is not met. Once the purchase agreement is signed, if the buyer is not paying cash for a property, he would typically be getting a loan. Banks require the property to be appraised to ensure that it is valued for what the buyer is borrowing. If an appraisal comes in short of the

purchase price, the buyer will either have to come up with the difference, as the bank will only lend on the appraised value or less, choose to order another appraisal in hopes of getting a higher value, or a new purchase price can be negotiated. If the buyer cannot come up with the difference, and the seller will not lower the price, then the deal can fall out of escrow. • The buyer fails to perform and cannot get full loan approval. Perhaps you have an executed purchase agreement and escrow is opened and the buyer was

pre-qualified by a lender but not fully loan approved. Pre qualifications can be done over the phone with all of the pertinent information necessary to qualify and pull a credit report. Then the lender starts collecting all of the documentation and suddenly they forgot to disclose a divorce decree that would affect the credit, or during the transaction they go out and purchase a new car and at the very end when the lender goes to pull credit, they no longer qualify. Maybe they change jobs at the last minute or lose a job. All reasons that

the buyer will not qualify and the deal falls out of escrow. • Home inspections. When people buy a home they usually do a visual inspection of the property, but hire a qualified home inspector to thoroughly check for any kind of repair or defect. Examples could be if mold was discovered, pests or termites on the property, or damage to the foundation. If a repair or defect needs attention and the seller does not want to fix this item, the buyer does not have to go through with the purchase and the deal can fall out of escrow. Tom, sometimes it seems like the stars have to align just right and it has to be a full moon in order for a property not to fall out of escrow. This is because you have more than one person responsible for performing different functions and if one person drops the ball then the deal can fall out of escrow. The best thing a seller can do is prepare your home from the start by addressing any repairs or defects, hire an experienced agent to perform all the due diligence necessary in setting the right price and ensuring that the buyers are indeed qualified, and be timely in submitting all paperwork and disclosures. This will definitely help the sale go smoother and hopefully not fall out of escrow. Hope this helps.

—Kathy McSherry is a Realtor at Coldwell Banker Residential Brokerage. Email your questions to Kathy@kathymcsherry.com or call 702-382-9905.■

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## MVN Puzzles

MISSION VALLEY NEWS

### Crossword Solutions on page 11

#### ACROSS

1 Spheres  
5 Bridge term; pl.  
9 Little island  
14 Regulation  
15 Bumpkin  
16 Unusual item  
17 Cornucopia  
19 Blooper  
20 The \_\_\_\_ Trap  
21 Marble  
23 Autobiography  
24 Superlative suffix  
25 Bronze, L.  
27 He's got it \_\_\_\_!  
29 Roadside bush  
31 Convocate  
35 Jump  
38 Compete  
40 Consumed  
41 Delicate flower  
42 East Indian island  
43 Gilt  
44 Sleeping place  
45 Spanish title  
46 Versifier Edgar \_\_\_\_  
47 Dots  
48 Approaches  
51 Singer \_\_\_\_ Co. idge  
53 Holy woman; Fr.

#### DOWN

1 Make a speech  
2 Yodels  
3 Not sharp  
4 Transmit  
5 Blew the trumpet  
6 Positive particle  
7 Conduit  
8 Vapor  
9 High card  
10 Little tower  
11 Extra; Scoots  
12 Simba  
13 Earl  
18 Distributed cards  
22 Bot  
26 Finch

#### 28 Father

29 \_\_\_\_ longa \_\_\_\_  
30 Mr. Navarro  
32 \_\_\_\_'s companion  
33 Greek letters  
34 Musical pause  
35 Tastes  
36 Lure  
37 Helper  
39 Hearts  
42 Seed pod  
43 Transportation  
45 Travel on snow  
46 Spring color  
48 Believe  
50 Greek capital  
52 Poplar  
54 Adjective for lettuce  
55 Make up for  
56 Power units  
57 Ticks, e.g.  
58 Can's brother  
59 Philippine palm  
61 Way out  
63 Baitly confused  
65 Correctors; abbr  
67 Golf accessory

## Sudoku Solutions on page 11

### Rules

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

5			6		1		9	
	7				4	5		8
2				5			3	
				3	6			
7		6				9		1
			2	7				
	1			9				2
6		2	4				5	
	8		7		2			9

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# 'Top Chef' in the house

Frank Sabatini Jr.



In various team matches on season 13 of Bravo's "Top Chef," she cooked for a mass gay wedding; caused a solar oven tube to explode when adding water to it; and endured grueling hours taping other kitchen showdowns in cities throughout California. Then, during an elimination round in the fifth episode, the show's judges told her to "pack your knives and go."

Grateful for the opportunity, Giselle Wellman returned to her native San Diego still a champ from a career that has included working for prestigious chefs such as Thomas Keller in Los Angeles, and Mario Batali and Jean George in New York City.

Now, after endearing herself to television audiences as a confident competitor, she serves as executive chef of Pacific Standard Coastal Kitchen, the modern, spacious restaurant incorporated into Hilton's new Homewood Suites and Garden Inn Bayside Hotel.

The dual property marks the spot where one of the city's most distinctive art deco structures stood when it was an eye-catching pink palace that housed Top's Nightclub in the 1940s, and then later Fat City, China Camp and a Denny's. Sadly, much of its character was demolished and replaced by a white, generic build-out that recently garnered an "onion" rather than an "orchid" award by the San Diego Architectural Society.

But blooms are found across Wellman's menu. Her fabulous baked brioche accompanied by house-made ricotta, for example, shouldn't be ignored. Like warm croissants straight out of the oven, every flaky morsel melted in our mouths as we effortlessly polished off the entire six-piece serving.

Her meaty Maryland-style lump crab cakes draped in fennel-carrot slaw and spicy remoulade are yet another winning prelude leading to a concise list of entrees that rely largely on California-sourced ingredients.

Or as a shrimp starter, she perches the

## Pacific Standard Coastal Kitchen

2137 Pacific Highway (Little Italy)

619-819-0010; pacificstandardkitchen.com

Dinner prices: Soups, salads and appetizers, \$6 to \$18; cheese and charcuterie boards, \$13 to \$20; entrees, \$16 to \$27

peeled crustaceans on toast with a sweet Latin-inspired sauce of tomatoes, bell peppers and onions (sofrito). We welcomed the thin slices of red Fresno chilies that also surfaced, but couldn't really detect the lemon confit and Old Bay Seasoning mentioned in the menu description.

While sipping on fresh lemonade and a shamelessly boozy "dock & tai" cocktail made with Bacardi Rum, absinthe, pistachio orgeat and lots of fresh mint, we proceeded to a mountain of red endive and watercress. It's the house salad strewn with dried cherries and Roquefort crumbles, both of which maintained their sweet and tangy flavors amid neutral hazelnut vinaigrette.

We visited on the cusp of a seasonal menu change, although most of what we ordered will stay as Wellman prepares to introduce by mid-November chicken liver mousse, house-made sausage and whole grilled fish. The fate of other dishes such as wild mushroom risotto, fish and chips, and scallops with applewood bacon and potato-leek chowder remained in the air.

In addition, the green-lentil cassoulet my companion ordered could soon transform into a traditional French-style recipe using white beans. Although I wouldn't complain if it doesn't, because the lentils worked superbly in offering substantial texture and flavor, especially mantled beneath braised rainbow carrots, pickled onions and a dollop of the sofrito.

In today's never-ending monsoon of overrated burgers, Pacific Standard's girthy creation of sirloin and ground chuck excels because of its retained juices and aged cheddar on top. Add to the scheme cipolini onion jam, Fresno chilies and garlic aioli, and you end up with a flavor outcome that isn't necessarily as innovative as it is balanced and perky. Definitely one of the best I've had in a while.

The dessert my companion ordered fit the season: a donut with pumpkin pie filling in the middle and cranberry icing on top. It was surrounded by pecan crumbles and served with a mini glass mug of apple cider. I chose a Valrhona chocolate bar speckled with peanut butter crunchies and sea salt, and dotted with toasted meringue. Both confections were thoughtfully conceived and made in-house.

Unlike most hotel restaurants, which require traversing lobbies and hallways to get to them, you enter this from the street or from a central courtyard designed with inviting furniture and elegant fire features. With a large bar that was fairly busy on our weekday visit, the atmosphere holds equal appeal for hotel guests and locals alike.

Service involved two wait staffers who came to our table in fits and starts. Our empty plates and water glasses were addressed intermittently. But friendly and gracious they were when coming around, as the overall vibe is casual in the pure San Diego sense.

Pacific Standard also serves breakfast daily (buffet or a la carte), plus lunch, and weekend brunch from 11 a.m. to 3 p.m. on Saturdays and Sundays.

In addition, happy hour is held from 4 to 7 p.m., daily, when appetizers, well drinks, house wines and draft beers are \$5 apiece; and select cocktails sell for \$6 and \$7.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com. ■



(clockwise from top left) Pumpkin pie doughnut with apple cider; fresh brioche with ricotta; crab cakes; and vegetable cassoulet (Photos by Frank Sabatini Jr.)



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# Versatility at Sammy's

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Since its humble beginnings in San Diego 27 years ago, Sammy's Woodfired Pizza & Grill has spawned multiple locations, allowing customers to nosh on internationally inspired dishes while partaking in numerous wines, select craft beers and soju cocktails. Gone are the days when only pizza and domestic brews like Budweiser dominated the menu.

Daily happy hour is available at all outlets including the one in Mission Valley, which conveniently resides a stone's throw from the trolley station in Park Valley Center plaza.

The price breaks are better than other popular chains. For

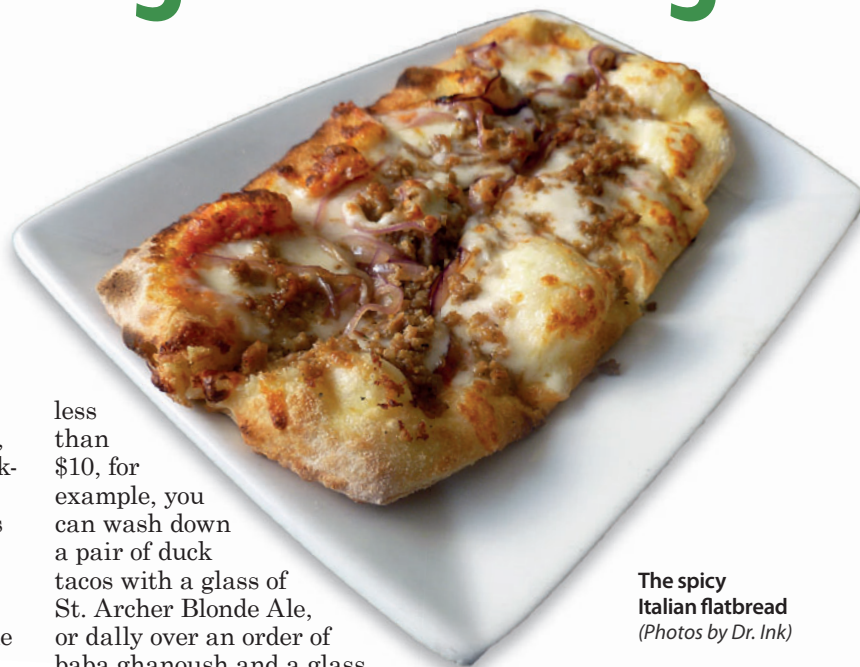
less than \$10, for example, you can wash down a pair of duck tacos with a glass of St. Archer Blonde Ale, or dally over an order of baba ghanoush and a glass of full-bodied cabernet sauvignon from Washington state.

All drinks are \$2 off, and appetizers, though served in smaller portions, average about \$3.50 each.

The wood-fired pizzas at Sammy's have long held special appeal because they were the first I found after moving here from New York state in the late '80s that sported a reasonably crispy crust with yeasty flavor. I've succumbed to the competition over the years, but still occasionally in for a nostalgic meal.

On a recent warm autumn day, I chose a seat on the roomy semi-open patio, which features white vinyl booths, live succulents perched on a few walls, and big glass jars filled decoratively with colorful vegetables. Compared to the expansive, fairly busy dining room inside, the vibe was quieter and visually more appealing with its faux terracotta pillars serving as podiums for crawling vines.

A "cucumber cooler" with a lemonade base summoned me. It was only \$5 with the discount, and it featured a decent measure of soju, fresh basil and a few fat slices of cucumber. Like a summer garden in a glass, I paired it with the spicy Italian sausage flatbread, which was also \$5. Compared



The spicy Italian flatbread  
(Photos by Dr. Ink)

### RATINGS

#### Drinks: ★★★★★

Wine choices outnumber beer and cocktails. The latter are made with soju, such as bloody marys, cosmopolitans, Moscow mules, and a refreshing "cucumber cooler" accented with lemonade and fresh basil.

#### Food: ★★★★★

The spicy Italian sausage flatbread wasn't so spicy and needed more tomato sauce, although the wood-fired crust offered fine flavor and texture. Other discounted noshes include mini duck tacos, pork dumplings, meatballs, and baba ghanoush.

#### Value: ★★★★★

Food items are discounted to \$5 or less, and regular drink prices, which are reasonable to start with, are \$2 off during happy hour.

#### Service: ★★

The waiter was friendly and expedient, but lacked knowledge about the food and drink specials.

#### Atmosphere: ★★★

A spacious dining room allows for ample seating, which extends to a desirable patio featuring wall plants and crawling vines and sleek, white booths.

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to the signature pizzas, it offered a fainter crunch and airier texture.

The spice factor of the sausage was mild and the tomato sauce beneath it was scant. But with a fair measure of Mozzarella cheese stretching over eight small squares, it constituted as a light meal.

My waiter was new and under-trained. He originally brought me an order of hummus and pita bread, insisting at first it was the sausage flatbread when I pointed out otherwise. And when the bill came, he had charged full price (\$7) for the cocktail, saying it was \$9 until I showed him the correct listing on menu. He was gracious in rectifying both errors, and I came away sated with barely a dent in my conservative happy-hour budget. ■

# Jyoti-Bihanga

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Frank  
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Primos Public Corner: A new spot for Mexican food and drinks has opened in Mission Valley (by JimiChu Photography)

San Diego-based Primos Management Inc. has opened **Primos Public Corner**, a full-service restaurant and bar in Mission Valley's Fenton Marketplace. The company operates more than 20 fast-casual eateries under the name Primos Mexican Food, although this is its first large-scale establishment, says chief marketing officer James Quijano.

In addition to a wide selection of Baja-style cocktails and craft beers, the food offerings include everything from mole French fries and bourbon-Sri-racha flautas to New York strip tacos and fire-roasted chile rellenos. 2401 Fenton Pkwy., Suite 104, 619-684-5777, primospc.com.

See DINING-OUT page 11 →



► Dining-out, from page 10

The Flame Broiler, which has several locations throughout San Diego, including Mission Valley, has added extra-firm, organic tofu to its menu. It is the first menu change



The Flame Broiler tofu bowl: A vegan option is now available at The Flame Broiler (Courtesy of The Flame Broiler)

since the company's inception in Orange County some 20 years ago. Served cubed and charbroiled over white or brown rice, the tofu bowl starts at only 140 calories. 5618 Mission Center Road, Suite 1003, 619-299-0118, flame-broilerusa.com.

After operating for a little more than a year as a wine bar, bakery and gourmet deli near the University of San Diego, Pacific Time has shuttered. No reason was stated on the establishment's website or Facebook page for the sudden closure, although the writing was on the wall when the owners held a major wine sale a couple weeks prior. 5277 Linda Vista Road.



Saffron will soon get a remodel. (Courtesy of Saffron)

Saffron in Mission Hills is slated for a remodel as owner Su-Mei Yu enters into partnership with Karina's Group, which operates several Mexican seafood restaurants throughout San Diego County. After work is completed early next year, the restaurant's small adjoining space that is famous for its rotisserie chickens will become Karina's Ceviche & More. The

chickens, also available in the sit-down restaurant, will remain in the offering after the remodel, along with the same full menu of noodles, stir-fries and other Thai entrees. 3731-B India St., 619-574-7737, saffron-sandiego.com. ■

—Frank Sabatini Jr. can be reached at fsabatini@san.rr.com.

PUZZLE ANSWERS FROM PAGE 8

SUDOKU

5	4	3	6	8	1	2	9	7
1	7	9	3	2	4	5	6	8
2	6	8	9	5	7	1	3	4
9	2	4	1	3	6	8	7	5
7	3	6	8	4	5	9	2	1
8	5	1	2	7	9	3	4	6
4	1	7	5	9	3	6	8	2
6	9	2	4	1	8	7	5	3
3	8	5	7	6	2	4	1	9

CROSSWORD

ORBS	BIDS	ATOLL			
RULE	LOUT	CURIO			
ABUNDANCE	ERROR				
TENDER	TAW	RAND			
EST	AES	MADE			
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START	RACED	ATE			
IRIS	TIMOR	BLAS			
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Buccaneers vs. Chargers  
Qualcomm Stadium

Dec. 11  
10am  
Chargers at Panthers  
Bank of America Stadium

Dec. 18  
1:25pm  
Raiders vs. Chargers  
Qualcomm Stadium

Dec. 24  
10am  
Chargers at Browns  
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# Ready, set, row



Erica Moe

What exercise works your total body, burns tons of calories, includes cardio and strength simultaneously and eliminates most injuries? This is not a trick question. The answer — wait for it — rowing!

## Why rowing?

Boutique rowing facilities have popped up in LA and New York, with classes priced upward of \$30 per hour. “You’re using everything between your shoulders and your feet — legs, glutes, arms and your whole torso,” explains Michele Olson, Ph.D., professor of Exercise Science at Auburn University. Rowing works nearly 85 percent of the muscles in your body, making it a more effective full-body workout than cardio or spinning alone, which typically focus on just half the body.

## Who can do it?

Don’t want to aggravate an old injury? No problem! The rower is a non-impact exercise that can accommodate all fitness levels. It has even less impact than walking. It is also non-weight bearing, so joints get to take a break from the traditional wear and tear.

A word of caution: Initially, the activity is so intense that after five to 10 minutes, your muscles are going to burn and your form will start to break down. Combat this by starting with 30-second intervals. Alternate bouts of rowing with a set of body-weight exercise like squats or pushups. Repeat nine more times. Work toward increasing the interval length.

## What is it?

From a distance, sitting on a rower may seem similar to sitting on the sofa with your feet up. However, don’t let the seated position fool you. Take a closer look and notice that this rhythmic activity can work your brain, too. The rowing stroke can be

broken down into four parts: catch, drive, finish and recovery. Focusing on form and combining the four parts of the stroke into one fluid motion make it a mental workout, as well. Additionally, rowing gives your posture a boost. Rowing helps counter all the effects of sitting at a desk by opening the chest and strengthening the back.

## How is it done?

Bend your knees until shins are vertical. Extend your arms to grab the handle. Keep your back straight and arms engaged. Press through your heels as you straighten your legs. Think, “legs, midsection, arms.” Most of your power should come from your legs. To reverse, think, “arms, midsection, legs.” No need to rush this part. Focus on form first. Start slowly and speed up as the motion becomes easier to you.



## Where is it?

Feel free to take it to the open water with several rowing clubs in San Diego. But no pressure to have equipment, an entire crew or sunscreen, you can find at least one rower in most fitness facilities. Mission Valley YMCA has the new Rower GX from LifeFitness. It is belt-driven and has water resistance, which gives it a smooth feel compared to other chain-driven air resistance rowers.

Amp it up! Try the Row and Strength class at the Toby Wells YMCA from 10 a.m. to 1 p.m., Nov. 12; \$15.

—Erica Moe, M.S. is an ACSM-certified exercise physiologist who writes on behalf of the Mission Valley YMCA where she is fitness director. ■

## 8 Simple Safety Tips for Online Shopping

Online shopping has become so common with consumers that it’s easy to develop bad habits when it comes to protecting your personal information. With the holidays, and holiday shopping fast approaching, now is a good time for consumers to remind themselves how they can stay safe while shopping online.

Whether making purchases on a mobile device or home computer, here are eight tips to keep your personal information protected this holiday season.

- 1. Use a familiar website.** Rather than click on an ad, start at your favorite retail outlet’s website.
- 2. Look for the icon of a green padlock in the URL address bar.** It could also appear at the bottom of your browser. This signifies added security.
- 3. Never buy anything from a site that doesn’t have secure sockets layer (SSL) encryption.** You’ll know if a website has it because it will start with ‘HTTPS://’ rather than just ‘HTTP://’.
- 4. No online shopping site should ever ask for your social security number or birthdate to do business.** Provide as little information as possible to online retailers.
- 5. Check your accounts regularly, especially during the holidays.** Don’t wait for your statement to identify fraudulent charges. If you see something wrong, call your bank or credit card company immediately. You may be protected against fraudulent charges.

- 6. Make sure your devices are up-to-date on their antivirus protection.**

- 7. Be careful where you click.** Avoid unknown pop-up ads or ads imbedded in unfamiliar websites.

- 8. Don’t send your credit card information via email or post on social media,** even in private messages.

Another way to keep your personal information protected is to make sure your devices are protected. There are several ways to maintain the most up-to-date protection on your computer or mobile device.

1. Lock your device with a password.
2. Be mindful of what you download.
3. Update when prompted.
4. Delete apps that are no longer being used from mobile devices.
5. Disable WiFi and Bluetooth when not in use.
6. Install security software, and update regularly.

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For more information on online security and the Cox Security Suite Plus, visit [www.cox.com](http://www.cox.com) and search for ‘online security’ or visit a Cox Solutions Store in your neighborhood today.



Visit a customer service representative at the Cox Solutions Store in Hillcrest today at 1220 Cleveland Avenue, or call (619) 780-0800 for more information on Internet safety.

## MUSIC NOTES

### JAZZ

**Thursday and Fridays:** Antonio Fe at the Cosmo in The Cosmopolitan Restaurant and Hotel. Free. 6 p.m. 2660 Calhoun St., Old Town. OldTownCosmopolitan.com.

**Fridays:** Jazz Happy Hour at Handlery Hotel’s 950 Lounge. Free. 5 p.m. 950 Hotel Circle North, Mission Valley. SD.Handlery.com.

**Saturdays:** Douglas Kvandal with the LiveJazz! Quartet at the Amigo Spot at Kings Inn. Free. 7 p.m. 1333 Hotel Circle South, Mission Valley. KingsInnSanDiego.com.

**Nov. 26:** Count Basie Orchestra: Sinatra’s Jazz at Copley Symphony Hall. \$20 and up. 8 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

### CLASSICAL

**Nov. 11-13:** Rachmaninoff and Mozart at Copley Symphony Hall. \$20 and up. 8 p.m. on Friday and Saturday, 2 p.m. on Sunday. 750 B St., Downtown. SanDiegoSymphony.org.

**Dec. 4:** Santee Community Chorus at Mission Trails Regional Park Visitor Center Auditorium. Free (donations accepted). 3–4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

**Dec. 9-11:** Beethoven’s Ninth at Copley Symphony Hall. \$23 and up. 8 p.m. on Friday and Saturday, 2 p.m. on Sunday. 750 B St., Downtown. SanDiegoSymphony.org.

### ALTERNATIVE/ROCK

**Nov. 20:** Fairy Bones, Paper Foxes and Bosswitch at The Merrow. \$5. 9 p.m. 1271 University Ave., Hillcrest. TheMerrow.com.

**Nov. 25–26:** Mother Hips at Casbah. \$20–\$22. 9 p.m. 2501 Kettner Blvd., Little Italy/Middletown. CasbahMusic.com.

**Nov. 30:** Whitehorse at Soda Bar. \$10. 9 p.m. 3615 El Cajon Blvd., Normal Heights. SodaBarMusic.com.

### POP

**Tuesdays:** Suzanne Shea and Bob Wade at Bistro Sixty. Free. 6:30–8:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

**Fridays:** Nathan Welden at Bistro Sixty. Free. 6:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

**Dec. 8:** Peter Bolland (theme: John Denver) at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com. ■

—Compiled by Jen Van Tieghem. Bands, venues and music lovers: please send music calendar listings to [jen@sdcrn.com](mailto:jen@sdcrn.com)



# Koblenz, Germany

## Where the Rhine and Mosel converge

Ron Stern

It would be hard to find a lovelier off-the-beaten-track city to visit in Germany than **Koblenz**.

Ideally situated where the Mosel River flows into the Rhine, this city has a history dating back 2,000 years starting from when it was a Roman settlement. Today, it is a top tourist destination of stunning beauty with a rich history and culture and a thriving culinary scene.

A strip of land marks the confluence of both rivers at the popular **Deutsches Eck or German Corner**. Visitors can gaze upon the colossal bronze statue of Kaiser Wilhelm I on horseback, triumphantly towering 120 feet above the city and affording grand views from its pedestal.

Another sculpture, a 10-meter pillar located within a fountain in the center of the Görresplatz, depicts the history of Koblenz starting with the Romans at the bottom of the sculpture and moving up through the Crusades, the French Revolution, World War II, and up to present day.

The area along this part of the Middle Rhine region is buzzing with activity. Pedestrians or cyclists (you can bike all the way to Basel, Switzerland.) can explore miles of scenic beauty along the river's banks, but one of the best ways to see this area is to take a **river-boat cruise**. For as little as €9 (the Euro equals \$1.11 US dollar), you can cruise for around 90 minutes with grand views of the river, which has been designated a **UNESCO World Heritage Site**. For a little more, you can go further, stopping off at small towns along the way including picturesque Rüdesheim and Boppard.

But that is just for starters. Along your route, you will see lush terraced vineyards, cruise ships moving back and forth, and some of the 40 or so historic hilltop castles. These include **Schloss Stolzenfels**, also known as the Neuschwanstein Castle of the Rhine; Martinsburg; and Marksburg, the latter of which is perched majestically above the town of Braubach in Rhineland-Palatinate.

Not to be missed would be the cable car ride to the **Ehrenbreitstein Fortress** that overlooks the town (€11.80 for the **cable car ride** and castle visit). The cars float silently over the Rhine and are one of the largest in Germany in terms of capacity, able to transport 7,600 people per day. The fortress, the second largest in the world, was constructed by the Prussians as part of the area's fortification system between 1817-28. At the top, you



Chocolates at Baumann Konditorei Confiserie Café

can stroll through the passageways, enjoy cultural exhibitions, and have a meal at their Casino restaurant. A local beer called Festungs Bräu is also brewed just for the fortress, and you can enjoy this with a bird's-eye view of Koblenz.

There are a number of other interesting attractions in and around the city. At **Kauf-und Danzhaus** (Old Merchants and Dance House), the exterior clock



The picturesque town of Boppard, Germany, just a short Rhine River cruise from Koblenz (Photos by Ron Stern)

has the face of the Eye Roller, which commemorates the robber baron Johann von Kobern. At certain times of the hour, he also sticks out a red tongue.

Located in the **Forum Confluentes** building in the city center is the **Romanticum**. More than a typical museum, this is an interactive, highly imaginative educational center for the entire Middle Rhine region. You'll find books that speak to you as you pull them off of the shelf, an old-fashioned silhouette theater, a touchscreen that lets you explore a map of the Rhine, and nearly 70 other exhibits.

What's even more unique about the Romanticum is that upon entering (€6 for adults, €1 for children up to 12 years of age), you are issued a pass about the size of a credit card. Hold this up to any of the appropriate logos on the displays and the QR code on the card will capture all of the information and store it for your future retrieval on a computer or smartphone. Ingenious? Indeed it is, and you won't find another museum quite like it. Furthermore, this cultural building also houses a library,

art museum and tourist information center.

Koblenz has a wide range of shopping opportunities. This includes the modern looking Forum-Mittelrhein with around 80 retail shops and restaurants, and another 130 independent retail establishments or so along **Löhrstraße** in and around the downtown area.

Gastronomically speaking, Koblenz is a culinary gold mine. Here, you can find pubs, ice cream and konditorei (pastry shops). In one area, you almost have a side-by-side selection of Indian, Mexican, Italian and Chinese restaurants.

At Baumann Konditorei/Confiserie (confectionery)/Café, you have 200 years of a family-run pastry and confection business. The truffles are made by hand, and this is a great place to relax and have a slice of cake and coffee.

Koblenz is the only city in Germany where you can enjoy wines from both the Rhine and Mosel regions. There are some 16 family-owned wineries here, some more than 100 years old.

One of the best ways to learn about wine is directly from the grower. At **Weingut Karl Lunnebach**, you can do just that. Located an easy cab ride from the main part of town,

this family-owned winery is situated on the Mosel River. With advanced small-group reservations you can partake in wine tasting as well as authentic regional foods prepared by the vintner's family.

Typically, a three-course meal might feature dishes such as roast port, au gratin potatoes, spaetzle, chicken in riesling cream, and dessert for a price of around €20-25. Or, for €50, you can include wine tasting. You can also purchase a nice bottle of wine for as little as €6.

As you stroll around town, try the cappuccino at K3, located inside the Forum Confluentes. For ice cream, locals visit E Gelosia for some of the best in Germany. You'll be able to tell how popular this place is with lines stretching as far as 200 feet past the cathedral on weekends.

If you end up taking the Rhine cruise, then disembark at the small village of Boppard. There, you will want to make your way to the Konditorei Café Hahn. Another small family business, this is operated by the 80-year-old man, his wife and daughter. The father has been making mouth-watering cakes for 50 years.

Once you arrive back in Koblenz, if you are still hungry for lunch or dinner, try **Wacht am Rhein** right on the waterfront. The inside looks like the owner's house with everything from cupboards, couches, trinkets, and whatever else he felt he couldn't live without. But for the best experience, sit outside and enjoy Italian or traditional German cuisine such as sauerbraten in a sour sauce with red cabbage.

Koblenz is a city to which many people might just give a cursory look while passing through on a river cruise. But, there is much more here that blends the old with the new and that begs for some serious time exploring its rich treasures. However long your visit, however, Koblenz is sure to leave a lasting impression.

[Resources: *Historic Highlights of Germany*, [historicgermany.travel](http://historicgermany.travel)]

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [originalglobalgumshoe.blogspot.com](http://originalglobalgumshoe.blogspot.com). This was a sponsored visit, but all opinions are solely the author's.■



A view of the Schloss Stolzenfels from a cruise on the Rhine in Koblenz



# A dance 'Project' that breaks the molds

Joyell Nevins

What does a dancer look like? What style do they convey?

The PGK Project is out to prove there is no dancer "type" or one style of dance they can't incorporate. Their latest performance will be at 7:30 p.m. Saturday, Nov. 19, at the John J. Montgomery Theatre just north of Fashion Valley.

"My dancers look completely different, they move completely differently," says director Peter G.

Kalivas as he surveys a group of male, female, black, white, short, tall, skinny and curvy dancers who make up his troupe. "But that's the whole point. They reflect what's real. They're not here because of a mold they fit into; they're here because they can do what they say they can do."

Kalivas understands the dancer stigma — as a man under 5 foot 5 inches and with a solid build, he never seemed to be 'just right.'

"I was often considered too short," he said. "I was told I was too stocky or not big enough. It

was like the moment you felt inside, you were outside again."

So back in 1994, Kalivas founded the PGK Project while working with two major dance companies in Munich, Germany.

"I wanted to call it a project because 'company' sounds more static," he said. "A project is always moving. It can be whatever you need it to be."

And what that is, is what the public wants. Kalivas unashamedly asks people (potential audience members) what they care about, what do they want to see, and what do they expect.

"Some fellow dancers told me I'm selling out," he said. "I'm not selling out, I'm selling tickets. It needs to serve the public. I'm saying, 'The public matters.'"

Kalivas has taken this idea from Germany to New York and through several company changes in his own career. The Project took on a new life in San Diego in 2002 when Kalivas moved here for a quality of life change, and to be a part of San Diego's artistic scene.

Then it took several years of building and growing the Project and its reputation before the first official dance performance. That performance was at DK Hair Salon in Hillcrest in 2009.

A new performance venue Hair salon? Yes, you read that right. Kalivas realized that there was a whole group of people who didn't often engage with dance because of where it was located or the price tag that came with it. So he decided to tear down those barriers, too.



Dancer Alyssa Junious (Photo by Sue Brenner)

"We're pairing (dance) with a familiar act or familiar space," Kalivas said.

PGK Project spent the first several years in San Diego doing "audience engagement events" rather than traditional performances. They would set up in the backroom of bars or places like Queen Bee's in North Park and hold showcases for donations.

"It felt like an open mic for dance," Kalivas recalled.

Since the first "official" performance at DK Hair, PGK Project has performed in venues as such warehouses, restaurants, and art galleries. When they performed at Art Produce in North Park, each dance was in a different location in the space itself — ending in the front gallery with the audience looking in from the outside through the windows!

"Normally dance is framed by a stage, but (that time) the dancers were framing the environment," said dancer Alyssa Junious of Oceanside.

The dancers themselves are as varied as the environments they dance in. They come from

all across the country — literally Oregon to New York, with some San Diego natives mixed in. PGK Project performers bring a wide variety of training backgrounds, such as tap, hip-hop, African and classical. Some train their bodies through Pilates and yoga; some prefer Crossfit.

"We all have a different emphasis in what we bring," Junious said. "It creates a different dynamic."

Another dynamic comes from PGK being a repertory company, so it highlights choreographers aside from Kalivas as well.

"Different choreographers bring a different POV, different styles, different aesthetics," Kalivas said.

Some of those choreographers come from inside the company. Kalivas notes they go through the same audition process as any of his outside choreographers. Everyone gets the same chance to have input.

See 'PROJECT' page 16



Dancer John Paul Lawson (Photo by Sue Brenner)

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**MISSION VALLEY News**

June 10, Issue 8 Aug. 12 – Sept. 8, 2016

**Discover nature in Mission Valley**

An aerial view of the proposed Discovery Center at Grant Park. (Inset) San Diego River Park Foundation president and CEO Rob Hutsel. (Photo by Jeff Clemenson, drawing courtesy of San Diego River Park Foundation)

**Park, community center project celebrating river just around the corner**

Jeff Clemenson Editor

When San Diegans think about Mission Valley, they don't usually think about nature parks, traffic, shopping, Qualcomm Stadium and condominiums are what often come to mind. However, San Diego River Park Foundation

(SDRPF) president and CEO Rob Hutsel hopes that will change when the Discovery Center at Grant Park is finally built.

"We want to celebrate the river, create a gateway to the river where you can come down and learn about it — how it works, how it functions, where to go to enjoy it — and be how we relate to nature," he said.

The Discovery Center at Grant Park will be built on an \$11 million property at the corner of Camino de la Reina and Qualcomm Way that was donated by the Grant family, who for generations have owned large parts

See NATURE page 2

**A new plan for Francis Parker**

School gets added amenities despite complaints over new traffic light

Jeff Clemenson Editor

On July 28, the San Diego Planning Commission voted unanimously to update the Master Plan for Francis Parker School's Linda Vista campus, despite a contingent of neighbors against the proposed changes to traffic circulation in the new plan.

"The update will be used as the blueprint for construction for up to the next couple of decades or more," said Francis

An artist's rendering of the proposed new entrance to the Francis Parker and Akela Kivell. Looking directly across the school parking lot. The new parking structure will be located underneath the two-story Student Life Center. (Courtesy of Francis Parker School)

Parker communications director Grace Sevilla. "In the short term, we are hoping to make some improvements to the heart of campus."

The planned improvements include a two-story Student Life Center with dining and

See FRANCIS PARKER page 3

**Town and Country river park plan approved by planning group**

Jeff Clemenson Editor

A proposed park along the San Diego River at the Town and Country Resort & Convention Center is a step closer to being built after the Mission Valley Planning Group voted unanimously to approve the park plan at its Aug. 3 meeting.

The 4.33-acre park will be built along 7.71 acres of restored river habitat and replace an existing asphalt parking lot at the north end of the Town and Country property.

The design of the park, which was partially on community input at several public meetings where participants considered a number of possible layouts, themes and amenities for the park.

"The design was influenced by three design narratives selected through the community design process," said Lowe Enterprises vice president Todd Mueller. "These narratives reflect both the natural and

See RIVER PARK page 3

**MARK YOUR CALENDARS**

- Mission Valley Community Update Plan Subcommittee will meet at 3 p.m. Friday, Aug. 12, at the Mission Valley Library, 2123 Fortin Parkway.
- Mission Valley Planning Group's Design Advisory Board will meet at 3:30 p.m. Tuesday, Sept. 6, at the library — due to the Labor Day holiday.
- Mission Valley Planning Group will meet at noon Wednesday, Sept. 7, at the library.

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LINDA VISTA LIBRARY

EVENTS:

**Crafts for kids**  
**Tuesdays, 4–5 p.m.**  
Stretch your imagination and create fabulous crafts. The craft is different every week.

**Do your homework at the library**  
**Mondays and Thursdays, 3–6 p.m.; Tuesdays and Wednesdays, 3–7 p.m.**  
Branch library has help. Students from kindergarten through eighth grade can receive free personalized assistance.

**Friends of the Linda Vista Branch Library meeting**  
**First Saturday of the month, 11 a.m.**  
Newcomers always welcome. Visit [lindavistalibrary.org](http://lindavistalibrary.org).

**Hatha yoga for adults**  
**First Thursday of the month, 11 a.m.–noon**  
Aryn Rannazzisi leads

a gently paced class combining breath work and postures to promote strength, flexibility and balance. This all-levels class will include inversions, backbends and sun salutations. Please bring a mat or large towel and a hand towel or strap to class.

**Hopscotch tiny tots**  
**Tuesdays, 5:30–6:30 p.m.**  
Join Miss Kim for a fantastically fun program containing crafts, music and stories for babies and toddlers.

**Lego Time**  
**Fridays, 4–5 p.m.**  
Kids: Build, build, build

to your heart’s content! Skyscrapers, automobiles, airplanes, spaceships: Create these and more! Learn basic building science while having loads of fun!

**Linda Vista Planning Group general meeting**  
**Monday, Nov. 28, 5:30 p.m.**  
This is an open meeting of the Linda Vista Planning Group. The public is encouraged to attend. Visit [lindavista.org/lvpg](http://lindavista.org/lvpg).

**Morning storytime with Kathie**  
**Mondays, 10:30–11 a.m.**

Children and their families are invited to join in for stories, rhymes and songs.

**Silver Chair Yoga**  
**Thursdays, noon–1 p.m.**  
Designed so that seniors can safely practice yoga at their level of comfort.

**Storytime with Mr. Luan**  
**Fridays, 10:30–11:20 a.m.**  
Energetic storytime that is fun, interactive and educational. The session will include singing and maybe a little dancing.

**Tai Chi**  
**Mondays and Thursdays, 10–11 a.m.**

Improve your balance and mobility with slow, controlled movement!

*Linda Vista Branch Library is located at 2160 Ulric St. The library is open Monday 9:30 a.m. to 6 p.m.; Tuesday and Wednesday 11:30 a.m. to 8 p.m.; Thursday and Friday 9:30 a.m. to 6 p.m.; Saturday 9:30 a.m. to 3 p.m.; closed Sunday. For more information, visit [facebook.com/lvlibrary](http://facebook.com/lvlibrary) or [sandiego.gov](http://sandiego.gov). ■*

MISSION VALLEY LIBRARY

EVENTS!

**Assemblymember Weber’s mobile office**  
**Second Tuesday of the month, 6–8 p.m. and third Monday of the month, 10 a.m.–noon**  
Connect with Assemblymember Shirley Weber’s staff in your community, get help with any problems you are having with public agencies, ask questions about legislation and learn about state and local services. Issues that staff can assist with include renters and homeowners assistance programs, property tax issues, consumer complaints, unemployment and disability insurance. No need to make an appointment; just stop in.

**Baby signs storytime**  
**Second and fourth Mondays, 11:30 a.m.–12:30 p.m.**  
Parents often wonder, “What is my baby thinking?” There is a way to find out: Teaching your baby some basic signs using American Sign Language will fill the gap. Communication is said to be the foundation of a solid relationship; learning to sign with your baby will build that bond early and provide you a bridge from infancy to childhood.



**Friends of the Library meeting**  
**Third Wednesday, 6 p.m.**  
Monthly meeting of the Friends of the Library and Mission Valley Library staff to discuss ongoing projects, library goals, fundraising and more.

**Knit-a-Bit and Crochet Circle**  
**Second and fourth Wednesdays, 12:30–2 p.m.**  
Bring your own knit or crochet project to work on while spending time with others who share your talent.

**Library Book Club**  
**Third Tuesday of the month, 6:30–8 p.m.**  
Monthly meeting to discuss the latest book selection. November title: “Shantaram” by Gregory David Roberts.

Picture This: “Best of Enemies”



**Wednesday, Nov. 23, 6–8 p.m.**  
A screening of this documentary on the 1968 series of debates between ideological opposites William F. Buckley and Gore Vidal.

**Preschool storytime and craft**  
**Thursdays, 10:30–11:30 a.m.**  
Preschoolers are invited to a storytime followed by a fun craft.

**Toddler storytime**  
**Fridays, 10:30–11:30 a.m.**  
Storytime designed for toddlers featuring songs, rhymes and finger plays.

**Yoga for adults and teens**  
**Tuesdays, 6–7 p.m.**  
Are you looking for a workout program that’s easy to learn, requires little or no equipment and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles, and improving your mental fitness are on your to-do list, then yoga is for you.

**Zumba Basic**  
**Mondays, 4–5 p.m.**  
Join the Zumba craze. Find out what makes this fun workout such a hit. A towel and bottled water are recommended for Zumba sessions.

**Zumba Gold**  
**Fridays, 1:30–2:30 p.m.**  
Zumba Gold is a lower impact version of our Zumba Basic class on Mondays, but just as fun. The moves have been carefully designed to be easy to follow by participants of any size or age. ■

Community Calendar

**‘Sex in Our City’**  
**Monday, Nov. 14**  
Join Alvarado Hospital for the popular “Sex in Our City” event with renowned Dr. Irwin Goldstein. The evening includes dinner, discussion and decadent desserts. Dr. Goldstein and a panel of experts will discuss sexual health in adult women of all ages, pre- and post-menopause solutions, low libido, HRT, and how to spice things up in the bedroom. The dinner is free, but seating is very limited. Pre-registration is required by Nov. 10. Call 800-258-2723 or visit [AlvaradoHospital.com](http://AlvaradoHospital.com) to pre-register

**‘Glow What Fun’**  
**Wednesday, Nov. 16**  
This celebration of Bloomingdale’s 10th anniversary at Fashion Valley and San Diego Human Dignity Foundations 20th anniversary will be held from 6–9 p.m. There will be sips, bites and a presentation of stylist Dean Hall’s “10 Glow Getters,” must-haves for holiday gift lists and more. After shopping (anytime from 10 a.m.–8 p.m.), guests can turn in their receipts to Gift Wrap on Level 2 and 10 percent of the total purchases will be given to San Diego Human Dignity Foundation. Bloomingdale’s is located at 7057 Friars Road. RSVP to [Janelle@SDHDF.org](mailto:Janelle@SDHDF.org).

**Salvation Army Toy Drive**  
**Wednesday, Nov. 16–Friday, Dec. 16**



Massage Envy San Diego is hosting a toy drive to benefit The Salvation Army for the fourth year. All Massage Envy locations in San Diego will be drop-off sites for new, unwrapped toys for children of all ages. The Massage Envy Mission Valley is located at 7610 Hazard Center Drive. For other locations, visit [massageenvy.com](http://massageenvy.com). To host your own toy drive, visit [sandiego.salvationarmy.org](http://sandiego.salvationarmy.org).

‘If your heart stops, what happens next?’  
**Sunday, Nov. 20**

This event sponsored by The Hemlock Society of San Diego will feature Dr. Jim Dunford, the city of San Diego’s Medical Director of Emergency Medical Services and professor in the Department of Emergency Medicine at UCSD Medical Center. Dr. Dunford will discuss Do Not Resuscitate (DNR) and CardioPulmonary Resuscitation (CPR) orders along with when to call 911 and what DNR jewelry is. This free lecture will be held from 1:30–3 p.m. followed by “Hemlock Chat” from 3–3:45 p.m. at the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley). Visit [hemlocksociety-sandiego.org](http://hemlocksociety-sandiego.org).

‘Sing Street’  
**Monday, Nov. 28**



San Diego Oasis presents this film class at their location in Mission Valley (third floor of Macy’s at 1702 Camino del Rio North) starting at 1 p.m. The film by Irish director John Carney, follows a Dublin teen (Ferdia Walsh-Peelo) who forms a band in the 1980s in an attempt to win the affections of the mysterious model (Lucy Boynton) he likes. The class fee is \$12. Visit [OasisNet.org](http://OasisNet.org) for more information.

Ruffin Canyon Enhancement Planning Stakeholder Workshop  
**Wednesday, Nov. 30**

The second in this series of workshops will be facilitated by San Diego Canyonlands from 6–8 p.m. in the community room of the Mission Valley Library (2133 Fenton Parkway). SD Canyonlands will continue a planning process for enhancement of Ruffin Canyon including habitat restoration, potential trails, viewpoints and more. Visit [sdcanonlands.org/cep](http://sdcanonlands.org/cep) for planning documentation and maps. ■



# SDCNN wins 7 Excellence in Journalism Awards

## SDCNN Staff

San Diego Community News Network (SDCNN) won a total of seven awards at San Diego Press Club's 43rd annual Excellence in Journalism Awards on Oct. 25 at the Joe & Vi Jacobs Center at Market Creek.

Hundreds of journalists and their guests turned out for the event, enjoying gourmet tastings of local food, wine and craft beer at the reception before the ceremony. Mulligan Stew provided the music during the reception and Barbarella Fokos emceed during the presentation of special awards.

SDCNN publishes four monthlies, Mission Valley News, San Diego Downtown News, Mission Times Courier and La Mesa Courier and two biweeklies, San Diego Uptown News and Gay San Diego. The papers competed in the category of non-daily newspapers.

"I am proud of our talented team who continually offer our readers quality news and information that cannot be found anywhere else," said David Mannis, SDCNN publisher. "We strive to be the No. 1 resource for the communities we serve."

Jeff Clemetson, editor of Mission Valley News, Mission Times Courier and La Mesa Courier, also won a first-place award:

● **Education** — "Finance High: Junior Achievement teaches literacy at new park,"



SDCNN editors (l to r) Ken Williams, Jeff Clemetson and Morgan Hurley (Photo by Todd Kammer)

published in the October 2015 issue of Mission Times Courier. The article highlighted Mission Fed JA Finance Park, a high-tech financial literacy campus that takes students through a virtual simulator of various career paths and life circumstances to realistically prepare them for the kinds of budget challenges they will face in their college and post-college years. Read it at [bit.ly/2fgIyY9](http://bit.ly/2fgIyY9).

● **San Diego Uptown News** won two awards. Ken Williams, editor of Uptown News, and former art director Vince Meehan shared a first-place award:

● **Front page design** — "Front page of Uptown News Feb. 12." The dramatic front cover featured a large photograph of North Park resident Nick Norris modeling his Predator Warpaint designed for our troops and hunters, featuring a "war type" headline that read: "War on skin cancer. Former SEAL creates line of camouflage face paint laden with sunscreen." The secondary photo was intense, featuring rows of empty shoes symbolizing the 54 lives that were lost in traffic accidents in 2015 in San

Diego. See the digital edition at [bit.ly/2dXE6f8](http://bit.ly/2dXE6f8).

Williams also won a second-place award:

● **General News** — "Looking up: North Park's future coming into sharp focus," published Jan. 29 in Uptown News. The article provided an in-depth exploration of the first public glimpse at the final draft of the North Park Community Plan Update and explained what that vision would look like for local residents. Read it at [bit.ly/1LBAVqp](http://bit.ly/1LBAVqp).

SDCNN Managing Editor Morgan M. Hurley, who is editor of both San Diego Downtown News and Gay San Diego, won two first-place awards:

● **General News** — "Hacking into the new sandiego.gov," published in the March issue of Downtown News. The article took a look at a meetup group that did a "live hack" on the city of San Diego's newly redesigned website to provide important feedback on how well the site was working. Read it at [bit.ly/2ewhNxJ](http://bit.ly/2ewhNxJ).

● **Series** — "Stepping Stone series," published in Gay San Diego on Jan. 22 and Feb. 5. "A friend

of the Stone" featured Cheryl Houk and her return to lead the region's only LGBT-centric drug and alcohol rehabilitation center. Read it at [bit.ly/2ebNlWN](http://bit.ly/2ebNlWN). The second and final part of the series, "They keep coming back," explained how graduates of the program return to the center to give back. Read it at [bit.ly/2eGDgnX](http://bit.ly/2eGDgnX).

Hurley won a second-place award, too:

● **Feature** — "A city in flux," published April 15 in Gay San Diego. The feature was on Cori Schumacher, a three-time world champion longboard surfer and lesbian activist, who has settled down in conservative Carlsbad and decided to run for City Council to bring about change. Read it at [bit.ly/2ebTBxs](http://bit.ly/2ebTBxs).

Also, SDCNN contributor Kai Oliver-Kurtin won a second-place award:

● **Food** — "Gaslamp restaurants stand the test of time," published in the February issue of Downtown News. The article asked restaurateurs at long-standing eateries about their recipe for success. Read it at [bit.ly/1KxclGq](http://bit.ly/1KxclGq).

The San Diego Press Club, which was established in 1973, is one of the largest clubs in the U.S. for media professionals.

—To find links of the San Diego Community News Network newspapers, visit [sdccnn.com](http://sdccnn.com).■

► 'Project,' from page 14

"There's Peter's work, outside choreographers, and then we have each other," Junious said. "It's collaborative and the best of both worlds."

## 'Break It Down'

The Nov. 19 performance actually will take place in a theater. The PGK Project moved back into theater spaces when Kalivas felt like they may be alienating the theater crowd just as they were alienating the non-theatrical crowd in the beginning. Now, the Project uses both theatrical and alternative spaces.

"Break It Down" was first performed at Tango Del Rey earlier this year, but was so popular Kalivas decided to bring it back so that more of the public could experience it. The collection is meant to highlight the joy and fun of dance. The pieces lean more towards happiness and light instead of seriousness and dark.

"We want people to be reminded of how wonderful dance can be," Kalivas said.

Break It Down will be at 7:30 p.m. on Saturday, Nov. 19, at the John J. Montgomery Theater at 2470 Ulric St. It will feature choreography by Kevin Jenkins, John Paul Lawson, company member Kymmi Kellems, and Kalivas himself with work featuring Tap with Body percussion.

For tickets or more information, visit [thepgkdanceproject.org](http://thepgkdanceproject.org) or call 619-886-7924.

—Freelance writer Joyell Nevins can be reached at [joyelle@gmail.com](mailto:joyelle@gmail.com). You can also follow her blog *Small World, Big God* at [swblog.wordpress.com](http://swblog.wordpress.com).■



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